

FITNESS CLASSES

at
MEDINA LEISURE CENTRE

CIRCUIT TRAINING

A great way to keep in shape . Exercise all parts of your body through a variety of activities

WHEN ARE THE CLASSES?

Beginners and Intermediate
Intermediate and advanced

Wednesday 7pm to 8pm
Monday 6pm to 7pm
& Friday 7pm to 8pm



Come along and try it out!



Burn those calories!

Good for your heart and lungs and tone your bottom, thigh and abdominal muscles

STEP AEROBICS

WHEN ARE THE CLASSES?

Monday 8pm to 9pm & Thursday 8pm to 9pm

WHAT'S THE COST?

£4.30 per session (FREE with a Gold One Card)

TUMS AND BUMS

Get a flatter stomach, tighter thighs and a pert behind.

WHEN ARE THE CLASSES?

Monday 7pm to 8pm Wednesday 6pm to 7pm Friday 6pm to 7pm

WHAT'S THE COST?

£4.30 per session (FREE with a Gold One Card)

Tone those wobbly bits!



ZUMBA® COMES TO MEDINA!

WHEN ARE THE CLASSES?

Monday 6 to 7pm Tuesday 10 to 11am Friday 6 to 7pm
Saturday 10 to 11am Sunday 10 to 11am

WHAT'S THE COST? £4.30 per session
(FREE with a Gold One Card)

Book now! It's very popular!

CONTACT MEDINA LEISURE CENTRE FOR MORE INFORMATION OR TO BOOK A CLASS
☎ 523767 OR ASK THE RECEPTION TEAM FOR MORE INFORMATION